

SPORTS SHORTS

Bowling tournament

The Pacific Air Forces Regional Supply Squadron hosts a no-tap bowling tournament today at noon at the Hickam Bowling Center. The price is \$16 a person for five-person teams. The price includes buffet food, lane fees and shoe rental. For more information, contact Tech. Sgt. Christopher Adams at 449-7829.

Cosmic event

A new organization, the Airmen's Activity Program, sponsored by the Air Force Sergeants Association Chapter 1550, is hosting a cosmic bowling afternoon June 18. Active duty, Reserve, Guard and dependents are welcome to participate. A maximum of 30 four or five-person teams can sign up.

The cost of \$12.50 per player includes three games, shoe rental and an entry to win door prizes from the pro shop, AAFES and more. To sign up a team, email Airman Heather Doggett at heather.doggett@hickam.af.mil, or call Senior Airman Abiola Gomes at 449-7821. After duty hours, call Airman 1st Class Justin Herbert at 230-6172.

Softball tournament

The 15th Medical Group is hosting an all forces softball tournament July 15-17. Active duty, Reserve, Guard, and dependents are welcome. Participants must be 18 years old and older and must have a valid military ID card. A maximum of 20 teams is allowed. The entry fee per team is \$150. For registration forms or to volunteer email Taliah. Martin@hickam.af.mil or Linda.Grunwald@hickam.af.mil.

Rugby team

The Hawaii Harlequins Rugby Football Club is currently looking for players of all abilities and skill levels from beginners to experts. Rugby is a certified Air Force sport. Practices are twice a week and games are Saturdays. Check out the teams Web site at www.hawaiiharlequins.com or call Capt. Tim Taylor at 449-3552 for more information about joining.

Youth basketball clinic

The second annual inter-city programs and 4-feet of game basketball camp and clinics is scheduled this summer at the Manoa Valley Recreation Center.

Guard clinic – Aug. 4 from 1 to 4 p.m. Cost is \$65 and includes a t-shirt.

Post clinic – Aug. 5 from 1 to 4 p.m. Cost is \$65 and includes a t-shirt.

Camp – Aug. 8 to 11 from 8:30 a.m. to 1 p.m. Cost is \$150 and includes a reversible jersey, a pair of shorts and a t-shirt.

The clinics and camps will feature guest appearances from a variety of University of Hawaii mens and womens basketball players, awards and prizes. Registration forms are available at the Manoa Valley Recreation Center at 988-4747. For more information or to register, contact Phil Handy at 916-419-3136.

Devils tough to beat

Story and photos by
Tech. Sgt. Andrew Leonhard
15th Airlift Wing Public Affairs

They entered with smiles and laughter, but when the whistle blows the little devils took to the mat and made a statement.

The Hickam Youth Blue Devils wrestling team competed at the Punahou Freestyle Wrestling tournament Saturday. It marked the last time for the team to wrestle before setting foot on their home mat June 11.

According to the coaches several of the wrestlers had a tougher week but performed well.

"I thought the wrestlers did very well," said Coach Tim Bunnell. "We had several kids move up in either weight class and/or age in search of tougher competition and they all performed well."

"We also had a couple kids competing for the first time this year who faired well and couple wrestlers picked up their first win of the season," he said.

Coach Jeff Baumgart also saw the improvement of the team.

"I'm seeing several of our wrestlers beating or coming close to beating kids that they didn't do so well with at the beginning of the season. We've got about a month left, and I think we'll see some new state champions now that the Hickam Blue Devils are here," he said. The Aloha State Games freestyle tournament is set for June 24 at Farrington High School.

"All in all it was a great outing and the kids had fun, that's what's really important to me as a coach," said Coach Bunnell.

That fun was evident when watching Martin Hurston, take to the mat against an opponent and see his unmatched level of energy or catch-

ing Nathan Egbalic, with a huge smile he never seems to take off win or lose.

"It's great. As the season has gone along, we are seeing a lot of friendships being built among the parents, coaches, and wrestlers," said Coach Baumgart. "I can remember at one tournament one of our wrestlers finished wrestling a boy from another club, and later I saw them playing Game Boys with each other."

The development of the friendships and the wrestling skills of the team have both been improve during the season.

The coaches explained the team's development has been really impressive. That three quarters of the wrestlers are in their first year so when they started back in February most of them didn't even know what a proper stance was.

"Now, the majority of them can readily accomplish 10 or 12 moves during competition. Hopefully we've taught them enough to help them be successful and even if they're not, hopefully they're having fun," said Coach Bunnell.

According to the coaches, Team Hickam has been an incredible host. The wing has provided facilities and was invaluable in getting the program up and rolling.

The next competition for the Blue Devils is the inaugural Hickam Freestyle Tournament set for June 11 at 9:15 a.m. in the fitness center.



Hickam Blue Devil Martin Hurston, left, looks to set up his Tropical Lighting opponent for a scoring opportunity.



(Above) Logan Hanbey sprawls out and controls his Tropical Lighting opponent. It was a tough match for Logan, but he improved a lot at the Punahou Tournament May 29. (Right) Cameron Love has his hand raised in victory over his Kaneohe Semper Fi opponent. Cameron took home the gold medal for his weight class.



Wet Hen graduating



Courtesy photos

(Above) Stacey Galindo sails solo for the first time during the 15th Services Squadron Outdoor Recreation Wet Hen spring 2005 class. (Right) Members of the Spring 2005 class get ready to depart for the open seas.

The next class begins Sept. 8. For more information on the class, contact Robin Cook at 423-0511.



No more excuses

By Sharee Moore
Kukini Photojournalist

Recent studies at the U.S. National Library of Medicine and National Institutes of Health Web site have shown that exercise can reduce risks for everything from heart disease and ovarian cancer to back pain. In an informal poll of fitness center attendees here, some had other reasons for creating a fitness routine outside of the three hours of mandatory PT each week. “I love the energy that I get and recently I lost 32 pounds and I want to keep it off. I just feel like a totally different person when I work out; I just love it,” said Staff Sgt. Crystal Howland, 15th Medical Group, before hopping on the elliptical machine. Besides exercise being good for you, Lt. Col. Ken Tingman, 15th Wing Director of Staff said “... You'll get that same (good) feeling whether you feel like (working out) or not.” If you already know the benefits, and you want to hit the gym, but still can't take that final step, the keys to success may lie in one's ability to slam the door on excuses.

Excuse #1: I don't have enough time to work out.

“People that use this excuse are actually saying that exercise is not enough of a priority to make it on their weekly to-do list,” wrote Lynn Bode, personal

trainer, in an article for Life Tools for Women. A study in the American Heart Association journal “Circulation” shows that doing just 15-minutes of vigorous exercise appears to be heart-healthy. So who doesn't have an extra 15 minutes each day? Squeeze it in during lunch by doing a 30 minute workout, 15 minutes of hygiene, take 30 minutes to eat and allow 10 minutes for the commute.

Excuse #2: I'm too tired.

It's time to give the old “I'm tired” excuse a kick in the ribs. A recent Reuters Health Information article instructs people to stop thinking so hard about exercise and just do it. To avoid the gym, study participants tended to “think of things they cannot actually do, do not enjoy and by virtue of exertion, do not actually want to do.”

If there isn't a medical reason for the fatigue, stop falling into the same trap - just get up and exercise.

Excuse #3: I don't have the motivation to exercise.

When self-motivation keeps you from the gym, it may be time to hire a personal trainer. “[Some clients] need a lot of motivation, they feel like they can't do the workouts or that they can't follow a strict diet or a meal plan without [help],” explained Ileana Flores, a certified

personal trainer at the fitness center. If a personal trainer is out of the question, Ms. Florez offered other options. “The best thing I think is to always get together with a group of people, like neighbors, so if a person doesn't know how to start, he or she can start walking with [them],” she said. The Internet, motivational books and health and fitness magazines are other sources of information, Ms. Florez added.

Excuses # 4 and #5: I don't like the gym; I don't have child care.

“[Fortunately it doesn't require special equipment to get your heart pumping,” began Ms. Bode. “Don't underestimate what you can do with things that are already in your house.” Ms. Bode recommended running up and down stairs, pumping soup cans and milk jugs, doing push ups, crunches, dips and squats. If money isn't a concern, purchase a home gym or fitness equipment. Other tips: Join or create a walking club, take the kids to the beach and get a water workout, walk the malls or rent aerobics videos. If the pep talks and self-help books don't work, try this Soldier's approach. “I look in the mirror and I squeeze my fat and say 'okay let's go to the gym!’” Army 2nd Lt. Manriquez said while laughing.

Federal guidelines on fitness

Compiled by Sharee Moore
Kukini Photojournalist

Although experts agree that some exercise is better than none at all, the Dietary Guidelines for Americans 2005 recommend at least 30 - 90 minutes of moderate-to-vigorous exercise on most days of the week. The kicker: In order for this plan to work, one cannot exceed the recommended dietary allowances each day. Here are a summary of the guidelines:

- To reduce the risk of chronic disease in adulthood: Do at least 30 minutes of moderate-intensity physical activity, above usual activity, on most days of the week. For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.
- To help manage weight and prevent gradual, unhealthy weight gain in adulthood: Engage in approximately 60 minutes of moderate- to vigorous-intensity activity on most days of the week.
- To sustain weight loss in adulthood: Participate in at least 60 to 90 minutes of moderate-intensity physical activity daily. Some people may need to consult with a healthcare provider before participating in this level of activity.

Achieve physical fitness by including cardiovascular conditioning, stretching and resistance exercises or calisthenics for muscle strength and endurance.

FOOD INTAKE

- Two cups of fruit and two cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- Choose a variety of fruits and vegeta-

bles each day. In particular, select from all five vegetable subgroups (dark green, orange, beans, starchy vegetables, and other vegetables) several times a week.

- Consume three or more ounce-equivalents of whole-grain products per day.
- Consume three cups of fat-free or low-fat milk or equivalent milk products each day.

FATS

- Saturated fat: Less than 10 percent of daily calories.
- Cholesterol: Less than 300 mg/day of cholesterol.
- Trans fatty acids: As low as possible.
- Total fat intake: between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils.

When selecting meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat or fat-free.

CARBS

- Choose fiber-rich fruits, vegetables and whole grains.
- Choose and prepare foods and beverages with little added sugars or caloric sweeteners, such as amounts suggested by the USDA Food Guide.
- Consume less sugar and starch filled foods and beverages less frequently.

(Compiled from the U.S. Department of Health and Human Services and U.S. Department of Agriculture Web site www.healthierus.gov/dietaryguidelines. For more information or to determine your caloric needs, visit the Web site above.)

Dog handlers deploy with four-legged partner

By Master Sgt. Cheryl Toner
38th AEW Public Affairs

Some people bring stuffed animals with them when they deploy. Some Airmen are lucky enough to bring the real thing.

Staff Sgt. Thomas Burns and his 9-year-old dog Ogar (pronounced OH-gar) deployed three months ago from Hickam. The Belgian Malimar and his handler are part of the eight-person military working dog team here. There are six handlers, a trainer and a kennel master.

Sergeant Burns began his career as a “regular cop,” but jumped at the chance to become a dog handler at his three-year point. “I wanted the opportunity,” he said.

Since the 9/11, dog handlers and their partners have been busy, according to Staff Sgt. Julian Stovall, kennel master. Sergeant Stovall is a military working dog trainer deployed from Kadena AB, Japan, and he said the teams are typically deployed for six months, home for six months, and then deployed again.

Sergeant Burns knows the routine - in seven years, he’s deployed six times. But that’s OK because, according to Sergeant Burns, nothing beats the camaraderie here.

“The majority of our time is spent here,” said Sergeant Stovall of the building adjacent to the kennels. “We might sleep in the tents, but this is our home.”

Spending more time with their co workers also means they spend more time with their four-legged deployment partners. “Back home, we don’t see that much of each other,” said Sergeant Stovall of his co workers.

But on deployments, Sergeant Burns said he sees a lot more of his furry explosives ordnance-sniffing dog. “On my days off I don’t usually see Ogar because it’s so far to drive,” he said. “But when I’m off here, I still home over and play with him and let him chew on a tennis ball.”

Deployments, however, are not all tennis balls and napping for the military working dogs. Sergeant Stovall said they follow a training schedule and that includes testing the dogs’ ability to sniff out TNT or C4 about four times monthly. “The trainer puts something in an approved area and we get called to go find it,” said Sergeant Burns. “It’s a game to them,” he said of the dogs. “Toys are the reward every time they find something.”

Training their dogs must be done carefully here, especially when temperatures climb past 100 degrees daily. As with people working in the sun, military working dogs also have a work/rest cycle. “We can only work them for about 20 to 25 minutes,” said Sergeant Stovall. Since the dogs are wearing fur coats, they also have air conditioning in their living quarters.

Tennis balls and hard chew toys may be the rewards, not many dogs get this type of special treatment. When handlers deploy, the dog’s name is

on the Airman’s orders. The dogs also have to take malaria pills as well as another pill that keeps disease from ticks at bay.

While it would be easy for anyone to get attached to the dogs, handlers don’t spend their entire careers with the same dog. When an Airman moves to another base, the dog must stay put. “Unfortunately, the dogs are assigned to the base, like a piece of property,” said Sergeant Stovall. “They even have their own MSN.”

Do they think their dogs are a piece of property? “Oh no,” said Sergeant Stovall. “Absolutely not.”



Photo by Master Sgt. Cheryl Toner

Staff Sgt. Thomas Burns watches as Ogar attempts to take down another military working dog handler Staff Sgt. Danielle Carver at a forward-deployed location. Sergeant Burns is deployed from the 15th Security Forces Squadron. Six handlers deployed here with their furry partners - the dog’s names are even on their orders.

AT THE MOVIES

Memorial Theater 449-2239 • CLOSED Monday and Tuesday

Friday and Saturday, 7 p.m.

AMITYVILLE HORROR - In 1974, police discovered the entire DeFeo family, all slaughtered with a .35 caliber as they slept calmly in their beds. Ronald DeFeo confessed to methodically murdering his parents and four siblings, and claimed it was the “voices” that told



him to do it. One year later, George and Kathy Lutz along with their three children moved into the house thinking it was going to be their dream home. The Lutz family only lasted twenty-eight days in their home after they were terrorized by a demonic force that drove them away. Based on the true story of George and Kathy Lutz. The Amityville Horror remains one of the most horrifying haunted house stories ever told because it actually happened. Starring Jimmy Bennett, Ryan Reynolds. Rated R (violence and terror, sexuality, language and brief drug use) 89 min

Sunday, 7 p.m.

A LOT LIKE YOU - Oliver and Emily meet on a flight from Los Angeles to New York seven-years ago, each declaring that they couldn't be more wrong for each other. However, life keeps bringing them back together over the next seven years. As they struggle with their different partners, careers and breakups, they turn from casual acquaintances into trusted friends. As they each search for love, it takes seven years for Oliver and Emily to figure out that maybe what they really have is something...a lot like love. Starring Ashton Kutcher, Amanda Peet. Rated PG-13 (sexual content, nudity and language) 107 min

Crossword Puzzle: D-Day, June 6, 1944

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

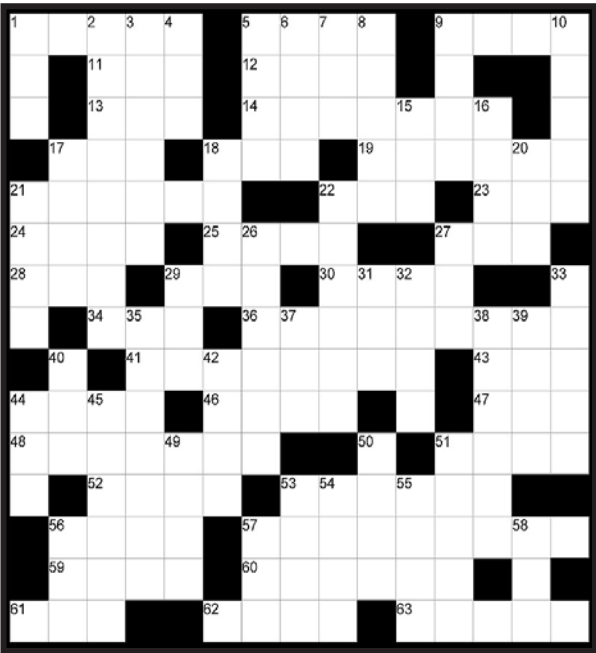
ACROSS

- D-Day beach
- D-Day beach
- D-Day beach
- Stereo button (abbrev.)
- Molecule part
- Inventor Whitney
- Tropical fruits
- Epoch
- Type of wood for furniture
- Lawn rows
- Countries who opposed Nazis, informally
- Middle East country (abbrev.)
- Sodium hydroxide
- Lump
- Something to cook with (two words)
- After dinner dessert
- Hearing organ
- Spring mon.
- Prod
- Mil. org.
- Of or relating to the cuticle
- Site of D-Day
- Pie ____ mode
- Part of a church
- Is sick
- Computer connection

- Operation name for naval portion of D-Day
- Defeat
- Joint
- Stumble
- Big rig
- Deception operation for D-Day
- Beloit college and WI churches founder Stephen
- Ordain
- Writer Rand
- 21 ACROSS opponent at D-Day
- Pairs

DOWN

- Movie genre ____-Fi
- Name of Operation for D-Day
- Antacid tablet
- Mil. language school in Monterey, CA
- Punches
- D-Day beach
- Persona ____ grata
- D-Day beach
- Happy
- Soak
- Formerly
- Mil. insurance
- Singer Fitzgerald
- Mil. fast
- See



- Makes a perfect score
- Opens a brooch
- Medical slang for an early birth
- Each
- Bother
- Strange
- R&B artist Alicia
- Direction other than perpendicular or horizontal
- Single occasion (two words)
- Mate
- Portugal museum
- Unfortunately
- Imitate
- Airman Basic, Airman, Airman First Class, etc.
- Picnic pest
- Organ that produces immune cells
- Mil. group
- Egyptian king
- Actress Midler
- Singer Braxton
- Greek god of love
- Hue
- Spook
- Facsimile, in brief
- Dike

Solutions B8

Team Hickam History: The Air Force’s most historic airfield



June 5, 1931 – The Hawaiian Air Depot is activated at Luke Field on Ford Island. This represented the consolidation of three separate units: the Air Section of the Hawaiian General Area Supply Depot (Honolulu), and the Station Repair Section and Station Supply Section of the 65th Service Squadron (Luke Field).

June 5, 1966 – The first nine holes of Hickam's 18-hole golf course adjacent to

Fort Kamehameha were opened for play.

June 8, 1969 – The 15th Mission Support Group (then-15th Combat Support Group) activated at MacDill AFB, Florida, and was assigned to the 15th Tactical Fighter Wing.

June 8, 1969 – The 15th Civil Engineer Squadron (then-15th Civil Engineering Squadron) activated at MacDill AFB, Florida, and was assigned to the 15th Combat Support Group

June 8, 1969 – The 15th Security Forces Squadron (then-15th Security Police Squadron) activated at MacDill AFB, Florida, and was assigned to the 15th Combat Support Group.

June 8, 1969 – The 15th Services Squadron activated at MacDill AFB, Florida, and was assigned to the 15th Combat Support Group.

June 7, 1971 – CMSgt Jesse M. Dunlap became Base Sergeant Major at Hickam AFB.

June 8, 1971 - September 15, 1989 – The 25th Air Support Operations Squadron (then-25th Tactical Air Support Squadron) was stationed at Eielson AFB, Alaska.

June 4-6, 2001 – 15th Air Base Wing conducted a hurricane exercise (HUREX).

June 5, 2001 – The 17th Weather Operations Squadron took over the 15th Operations Support Squadron weather mission.

The Big Island: More than a vacation

By Sharee Moore
Photo Journalist

Just a 15-minute walk from the top of an active volcano sits Kilauea Military Camp, a resort-style joint services recreation facility available at a discount.

Some of the onsite luxuries include Jacuzzis, kitchens, and fireplaces that are perfect for the cooler temperatures. A convenience store, recreation hall, and dining facility offer a variety of meal options all in quaint, historically preserved settings.

KMC is a more tranquil alternative to Oahu's Waikiki and at \$52 - \$133, a more affordable vacation spot than most places in Hawaii. The center offers discounted aerial and ground tours around the volcano, island and neighboring cities, too.

In addition, the recreation areas promote family-focused fun with bowling, table hockey and tennis, arcade games, a fitness center, mini-movie theater and evening entertainment.

A little known fact is the camp is nestled in Hawaii Volcanoes National Park, hailed as one of the most unique places on the planet. Most tourists have already heard about

Kilauea Volcano with its Trail of Devastation, Jagger Museum and of the goddess Pele and her fiery legacy.

But, how many know that 90 percent of the plants found in the 333,000 acre park cannot be found anywhere else on earth? And 11 of the 13 climactic zones in the world are located there, too?

Another unusual fact is the thriving plant population has adapted to life without predators, so raspberries and other plants don't have thorns or thistles. The volcano creates 30 to 40 acres of new ground every year, so the island has the newest land on the planet, too.

Circle the park on an 11-mile tour of Crater Rim Drive for a candid look at Madam Pele's handiwork. Along the way, stop off at the Thurston Lava Tube.

The 300-meter tube formed when the top of a lava river hardened while the underground flow continued its downhill surge. When the lava drained, it left a cavernous hull now named after its discoverer, Lorrin Thurston.

Visitors who don't mind a strenuous two to three-mile hike can get close to the lava. Park rangers aren't just saying this hike is difficult to discourage the curious - it is a hot hike - and often a hop - across rough, uneven terrain. Carry a qual-

ity flashlight and bring plenty of water.

Outside the park, a 40-minute drive to the north leads to Hilo, best known for its rainfall and macadamia nut cookie factory. Drive 30 more minutes to see Akaka Falls. A short hike along a paved path is worth the view of the 400-foot waterfall.

Ninety-five miles west of Volcanoes National Park is the oldest part of the Big Island - and one of the most beautiful. Kailua-Kona, where sunny skies and deep blue waters are served on a warm plate, contrasts the chillier Hilo.

Nearby, the tiny town of Cook boasts some of the best snorkeling on the island. If you are up for a scenic drive, head 50-miles to South Point Road, turn right and drive 11-miles, park (at your own risk) and hike 3-miles to a green sand beach at Mahana Beach Park. A swim in its aquamarine waters is worth the effort.

For an affordable escape, try the Big Island with its resort-style accommodations, black, green and golden sand beaches, an abundance of wildlife, five volcanoes, shopping and unmatched tranquility - it's more than just a vacation.

(For reservations at Kilauea Military Camp, call 438-6707 or visit www.kmc-volcano.com.)

An evolving recreational camp

By Arlene Bali
Kilauea Military Camp

Discovering a military camp within the confines of Hawaii Volcanoes National Park is a pleasant surprise to the majority of the park's visitors.

Kilauea Military Camp's unique partnerships with the Hawaii Volcanoes National Park began when they were both established within months of each other in 1916. While the military expressed an interest in stationing troops in this Hawaiian wilderness as early as 1911, it took an enterprising group of Hilo businessmen to raise the necessary funds to build and operate a permanent camp in 1916. A lease for the camp on a 52-acre parcel of Bishop Estate was held by a Board of Trustees comprised of military and local representatives.

This same year marked the creation of Hawaii Volcanoes National Park to preserve the natural setting and to provide a refuge to native plants and animals in August of 1916. The National Park Service later acquired KMC's lease when Bishop Estate deeded the property to the Territory of Hawaii who in turn deeded the land to the United States as part of the Hawaii National Park in 1921.

Kilauea Military Camp's initial mission was to serve as a training ground for the National Guard who lacked an area for regimental drill and field maneuvers as well as a recreation facility for the Army and Navy.

On November 6, 1916, KMC greeted its first group of soldiers. KMC consisted of three buildings for dining

and recreation. The visiting soldiers were expected to provide their own sleeping tents. While KMC's first year brought a stream of soldiers to this unique recreation site, the following years up until 1921 left KMC unoccupied due to the war in Germany. Also with the realignment of the National Guard into the regular Army, KMC was not used for training as originally intended.

Due to the lack of use, KMC proved unprofitable for the local businessmen, and in 1921, the Army acquired control of KMC. The Army then assigned a staff including a camp hostess to KMC. By the end of 1922, about five thousand enlisted men visited KMC to enjoy an array of recreational activities as well the drama of Kilauea Volcano. KMC eventually became self-supporting and the camp expanded to include guest cottages, a post exchange, a bakery, a barber shop, a light plant, a water plant and more.

As part of the original agreement, the Navy built its own rest and recreation camp on a 14-acre parcel northeast of KMC in 1926. However, the Navy camp was transferred over to KMC's control in 1935 due to a slow resolution of the lease agreement between the National Park Service and the military.

In the 1940s, KMC served as a Japanese internment camp and later as a prisoner-of-war camp during World War II. Numerous dignitaries have visited KMC including General Dwight D. Eisenhower who was the Army Chief of Staff in 1946 and later became the president of the United States.



Hot, molten magma flows from Kilauea to the sea. This volcano is the only active volcano among the three volcanos on the Big Island. It is the most active volcano in the world and has been spewing lava since 1983.

A place of power and serenity

By 1st Lt. Craig A. Savage
15th Airlift Wing Public Affairs

Not very many places in the world can people be surrounded by the spectacular power of a lava flow and the serenity of moonlight glowing upon the ocean's surface at the same time. Mother Nature provides this experience at the end of Chain of Craters Road on the Big Island of Hawaii.

At the top of the road is the Kilauea Military Camp, a unique military recreation campground. As the breathtaking beaches of Bellows Air Force Station are to beach recreation, the volcanic mystique of KMC is to mountain recreation.

There are three volcanoes on the Big Island, Mauna Kea, Mauna Loa, and Kilauea. Mauna Kea, nearly 14,000 feet above sea level at its peak, is a dormant volcano. Mauna Loa, covering half the island of Hawaii, provides a majestic background and is the largest

active volcano in the world. And Kilauea, home to the military camp, is the most active volcano in the world and has been flowing since 1983, according to Jerry Medeiros, a KMC motor vehicle operator and tour guide of nine years.

"I love being able to share all my knowledge with the people and I love sharing the characteristics and the personality of the park," said Medeiros, an Air Force civilian employee. "Being up here in the volcano is so special."

KMC, as one visitor described it, is a five-star camping experience. Set in the center of Hawaii Volcanoes National Park, KMC offers its guests one to three bedroom apartments and cottages equipped with the amenities for comfortable lodging. Hiking and biking, and tours and treats are offered to the outdoorsmen, but if staying closer to your camp site is for you then activities of miniature golf, basketball, and tennis are available.

"We try to have enough activities on camp so that if you want to sit and read a book or if you want to participate in the outdoors you can. And we're constantly planning for the future to continue to make the camp even more enjoyable for our guests," said Steven Takekawa, KMC director.

In July, KMC will be opening a coffee house on campus. Indulging in java and lava, guests will be able to congregate, and share conversation and brisk morning sunrises. With the camp at an elevation of 4,000 feet, cool temperatures are frequent occurrences.

KMC hosts visitors of all ages, ranks, and services, all year round. Peak season tends to be during holidays and summer breaks; however the camp will be offering some plush packages for the fall. Booking for peak season should be done months in advance, but pulling the kids out of school for a couple days for this adventure could prove to be a once in a lifetime field trip.



(Left) One of many waterfalls you can find hiking through Big Island's tropical forests. (Above) A pair of sea turtles rest on Black Sand Beach while onlookers stand at a distance.

Photos by Sharee Moore

Verlyn Kupukupu


735th Air Mobility Squadron

Hickam

Heroes

Tech. Sgt. Dale Bullock

15th Aircraft Maintenance Squadron



The 75th AMS rocks because: Aerial port personnel are committed to effectively and efficiently move cargo, mail and personnel to support global airlift.

My job affects all of Hickam in that: Special handling personnel works closely with our internal and external customers to safely and expeditiously move hazardous materials, explosives, food and sensitive cargo worldwide.

When not at work, I spend my off duty time: With family activities and community involvement.

Something people don't know about the 735th AMS: Aerial port personnel are primarily dedicated to expedite the processing and airlift of Air Force, Army, Navy, Marines and Coast Guard personnel and their cargo during contingencies and real world situations to their ultimate destination without delay. Additionally, we provide technical assistance and perform joint inspections with services to successfully deploy their units. Our unit met many challenges and will continue to support Team Hickam.

If I could change anything about Hickam, it would be: Encourage people to appreciate their surroundings and help others in need.

What his supervisor says: Mr. Kupukupu is a valued employee of the air force, 735th AMS and the Special Handling section. His superb attitude and dedication to the mission are his highest attributes. He has shown me that his experience and knowledge have played an important role in assuring that all hazardous cargo arriving and departing Hickam AFB are done so in the safest manner. He is true believer of 735th’s motto of “Safely, By the Book, On time.”

Curtis Chee, 735th AMS

15th AMXS rocks because: It’s a potpourri of personnel – civilian, active-duty military and Guard members – working side by side.


My Job affects all of Hickam in that: We are coordinators for aircraft maintenance between the 15th Airlift Wing, tenant units, the Hawaii Air National Guard, deployed units and transit movements. This liaison has aided in building a cohesive team that’s capable of quick response from the day-to-day flightline regime to the in-flight emergencies.

When not at work, I spend my off duty time: With my son. Bowling, biking and trips to the zoo and aquarium are a few of his favorite activities. If there is any time left, a Leo Buscaglia book or a Tom Clancy novel works well to fill the void.

Something people don't know about 15 AMXS: Is that we really do have assigned aircraft, Boeing and Gulfstream, supporting distinguished visitor airlift. Our new challenge is meeting our evolving mission, which begins with the standing up of the 15th Maintenance group and arrival of the C-17 aircraft.

If I could change something about Hickam, it would be: Nothing. I’m in Hawaii, my family is with me and I have a mountain view on the way to work and the ocean is less than five minutes away.

What her supervisor says: Tech. Sgt. Bullock is one of the 15th AMXS best kept secrets due to her dedication and continual excellence in everything she does. She is an outstanding troop with attention to detail that will make the 15th AMXS/MOC one of the best.



Master Sgt. Bennie Hicks, 15th AMXS

Crossword puzzle solution

S	W	O	R	D		J	U	N	O		G	O	L	D
C		V	O	L		A	T	O	M		L			O
I		E	L	I		B	A	N	A	N	A	S		U
	E	R	A		A	S	H		H	E	D	G	E	S
A	L	L	I	E	S		U	A	E		L	Y	E	
C	L	O	D		A	P	A	N			P	I	E	
E	A	R		A	P	R		P	O	K	E			S
S		D	O	D		E	P	I	D	E	R	M	A	L
A			N	O	R	M	A	N	D	Y		A	L	A
A	P	S	E		A	I	L	S		S		L	A	N
N	E	P	T	U	N	E			S		B	E	S	T
T		L	I	N	K		T	E	E	T	E	R		
S	E	M	I		F	O	R	T	I	T	U	D	E	
P	E	E	T		A	N	O	I	N	T		A		
A	Y	N			A	X	I	S		T	E	A	M	S

CHAPEL				
<i>Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.</i>				
PROTESTANT Nelles Chapel Sunday Contemporary Service 8:30 a.m. Sunday Gospel Worship 11:15 a.m. Sunday Praise Gathering 5:30 p.m. Chapel Center Sunday Traditional 8:30 a.m.	JEWISH Aloha Jewish Chapel, Pearl Harbor 473-0050 Jewish Lay Leader Mr. David Bender 527-5877 Naval Station Chapel 473-3971	CATHOLIC Nelles Chapel Weekday Mass 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Mass 5 p.m. Chapel Center Sunday Mass 10 a.m.	ISLAMIC Friday Congregational Service (1935 Aleo Place, Punahou) 1 p.m. Muslim Association of Hawaii 947-6263	BUDDHIST Honpa Hongwanji Hawaii Betsuin A Shin Buddhist Temple 536-7044 ORTHODOX For more information, call 438-6687